

# BRIDGES

WEDNESDAY, JUNE 17, 2015

## ON THE SCENE:

CabeRaize presented  
by Wager's Care for  
Kids **P. 4**

## GARDENING:

Tips for drought-  
proofing your garden  
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Poverty Plainsman  
return to the stage after  
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A STARPHOENIX COMMUNITY NEWSPAPER

## WE ALL NEED AN AUNTY MUNA

GETTING PEOPLE SETTLED  
IS MUNA DE CIMA'S GIFT  
**P. 6**



# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# C. J. ANDERSON

## Gina French Is Not A Waste of Roofies

I was standing in line at the bank. There were five tellers, four in their 30s and one in her 20s. The young woman seemed to be reading her notes so that as her co-workers with clenched teeth and a frown made the agonizing line 20 people deep the elderly teller continued working at their relaxed pace and the girl's suppressed rage continued to smolder. As I waited I passed the time creating a backstory for her — one where she was actually a horrible person and she was some version of absolute hell she had already earned.

Her fabricated biography stuck with me. I had just become a father and an excited as my wife and I were. I felt like adulthood was finally dragging me down the stairs. As I start of working what would become *Gina French Is Not A Waste of Roofies*, it was scary if not alarming, how many of my own insecurities and worries began pouring into the pages.



C.J. Anderson

Gina French is as much a class as one real girl. While working as a correctional officer, she narrowly escapes a sexual assault but when questions are asked people's true opinions of her are revealed, leaving her father, son, brother and unable to return to work.

After receiving second-hand information from a co-worker she begins observing over the shoulders of an engaged couple and the financial reward and fame becomes her ultimate goal.

It's not easy writing a character so broken down, filled only by anger and paranoia, but I succeeded — cutting up sleep in half and drinking my coffee for months until my own health failed me. (Try writing while attached to a heart monitor sometime.)

Thankfully I realized my dream of legitimizing publication when Goodreads, Amazon's Kindle Press purchased the book, saving me the financial burden of self-publishing.

I'm proud of my Kindle Press contract. I'm proud of *Gina French* is not a *Waste of Roofies*. It's a story everyone involved dreamed with their dialogue that leaves readers wondering how everyone involved got so far removed from their original motives. I'm proud of *Gina French* the character. My only real goal was to write someone so grey area that the readers would fill in the pieces from their own interactions with similar people, leaving me with feedback ranging from "I want to hug Gina French" to "I hate that Gina French."

Available at *Goodreads Bookstores* (Kindle, McNally, Ingram, Universal City, 8th Street Books and Comic) and online at [Amazon.ca/com/Anderson-C-J-N/A](http://Amazon.ca/com/Anderson-C-J-N/A)



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Saskatoon  
Tuesday, June 23, 2015 7pm to 9pm



You can also see the plan online and send us comments by e-mail or phone. For further information or to provide comments contact:

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Muna De Conant's family arrived in Phoenix 21 years ago as refugees from Liberia. **HEADLINE PHOTOGRAPH BY RYAN TUSHABA**

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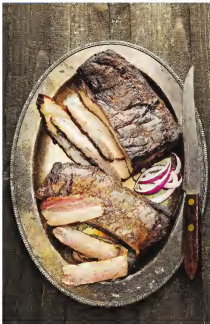


Photo: Smoked salmon can be savory or sweet. Smoke your own bacon and you won't look back. **HEADLINE PHOTOGRAPH BY RYAN TUSHABA FOR THE WASHINGTON POST**

## BRIDGES COVER PHOTO BY RYAN TUSHABA

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# ON THE SCENE

## #WIEGERS CARE FOR KIDS CARAISE

Wiegiers Care for Kids presented CabéRaisé: a Modern Roast-themed comedy and cabaret, on June 10 at the O'Brien Event Centre in support of the Children's Hospital Foundation of Saskatchewan. Featured guest was Shaun Mauninger of The Hour Has 22 Minutes and Just for Laughs. Wiegiers Care for Kids was established in 2004 to support children's charities. It has raised more than \$25,000 from previous events and expects to raise at least \$250,000 more with CabéRaisé.

BRIDGE PHOTO BY KIMMICHEN



1. Janice, Jesse, Gloria and Norm Bernette

2. Ray and Abby Minc

3. Wiegiers Care for Kids CabéRaisé at the O'Brien Event Centre

4. Dennis Gutierrez and Ursula Rane

5. Lesmo and Corey Bularek

6. Dolly and Mike Lewis

7. Julie and Rod Peters

8. Deb and Cliff Wiegiers

9. Maurice Reliance, Jens, Cindy Kim Koss, Courtney Kyle and Matthew Hill

10. Wiegiers Care for Kids CabéRaisé raised money for the Children's Hospital Foundation of Saskatchewan

11. Chuck and Lyn McGashy

12. Marlene Ward and Ray Lanthiering



# ON THE SCENE

PHOTO COURTESY OF THE SASKATOON COMMUNITY CENTRE



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## ON THE COVER

I always say Regina chose us. We didn't choose Regina. — Muna De Cuman

# MUNA DE CUMAN

## Fresh start for family in Saskatchewan

By Iryn Tuahabe

Muna De Cuman stood beneath the towering Honouring Tree — a 10-metre-high stainless-steel koanito sculpture in Regina's Wascana Park. The star-shaped petals atop the monument sparkled in the afternoon sun, casting a shimmering reflection on the surface of the still lake waters in the distance.

"It's called the Honouring Tree because it signifies the contributions made by our ancestors — the black people who came here before us," she said.

"It signifies hope for the cultural diversity we now enjoy."

As she stood there, De Cuman relived about 14½ in the North African country of Sierra Leone where she grew up. She remembered how consensus by elders held important discussions under large trees. When it got too hot as it often did, the village folk cooled off underneath acacia trees, she remembered.

"The honouring tree is life and it's food and it gives us rest," she said, adding the sculpture in Wascana Park was erected in 2003 as a lasting reminder of the strength of community.

\*\*\*

De Cuman and her family arrived in Regina 11 years ago as refugees. They had been living in Liberia for a while when civil war broke out. In that country, fleeing them to seek refuge in Ghana. It is from there that they applied to immigrate to Canada through the federal government's refugee resettlement program.

"I always say Regina chose us. We didn't choose Regina," De Cuman said.

"Our resettlement worker thought Regina was the best place for us because we had kids."

It wasn't love at first sight. African immigrants in Saskatchewan were few and far between at the time and the De Cuman household. But she was determined to make a fresh start for her family. So she ventured out to the



Muna De Cuman displays a calendar by a non-profit organization — Daughters of Africa — of which she was a founding member. (SOCIETY PHOTO BY IRYN TUAHABE)

Regina Open Door Society (RODS) where she took a course in job-hunting. She made friends and built connections through community events by the time winter came, transforming the city to look and feel like the smile wide of her newly acquired

deep ties. De Cuman was already determined to make this place home. There was no looking back.

"It took time to settle down but after I started networking and making myself available on many levels, I started to feel like I was becoming

a contributing member of the community."

In giving back to the community, De Cuman led an intense feeling of belonging. That feeling has only grown stronger with time.

Today she serves on various

boards including as board chair of the Saskatchewan African Canadian Heritage Museum and director of the Regina Multicultural Council. That's all in addition to her full-time job as a youth counselor at the Post-Dispatch Youth Centre.

I don't like saying I help people because what we do is empower people to help themselves. — De Ciman



Muna De Ciman, of the Daughters of Africa, teaches African dancing to students at the African College in Nigeria. (Photo: Paul Brown for The StarPhoenix)

For De Ciman, how a community rallies around its members in times of hardship is a significant marker of the values of that community.

Recently after a massive earthquake tore through Nepal, leaving it in unimaginable devastation, the Nepali Society of Southern Saskatchewan held a vigil in support of the victims. On the night of the vigil, De Ciman was one of the first people to arrive at the candlelight in Victoria Park where it was held. Soon after her arrival, she was helping organizers tape down the Nepali flag, several which manifested as little electronic candles on, too. And she continued to help others as the Nepali community taking down their cross was her cross.

"We raised some money but we need more, so much more," she said.

"And we'll need to provide that support on an ongoing basis because the people there still live with the disaster for a very long time."

\*\*\*

Most Instagrams to Saskatchewan know De Ciman as "Muna De Ciman."

The term is carried over from since African communities where a respected member of the community even one that is not a blood relative is called "uncle" or "aunt." In such circles it would be impossible to simply refer to someone like De Ciman without the qualifier of respect.

De Ciman is the go-to person for many on cultural issues still trying to find their footing in Saskatchewan.

Continued on Page 6

## BUSINESS

EVERY DAY IN THE

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She's like a second mom to me. I'm not trying to compare her with my mom, but she just never gives up on anybody.

—Mugisha Asharuf



Maria De Cuman runs along the sidewalk during a celebration of International Women's Day on the Robert Street Bridge in Toronto on March 8. Asharuf and Mugisha are not shown in this photo by MONTY ARI.

Asharuf is originally from the Democratic Republic of Congo but grew up in Toronto before moving to Regina in 2008.

Initially, he and his mom also lived in the north end. He made friends in the neighbourhood and at the schools he attended. When his mom decided to move to the north end, Asharuf couldn't stand the idea of leaving the network of friends he'd made at St. Martin LeRidain High School. Fortunately for him, one of his closest friends at St. Cuman's

youngest son, Chan,

"he one day Chan hits me up and he's like 'Yo, rap man needs help selling food at some festival' and I was like, 'Sure, why not?'"

"And that's how it started off. She treated me the same way she treated Chan and also paid us for the work."

Asharuf grew closer to the family and when he expressed his concerns about having to change schools, De Cuman said he was welcome to live with her as he didn't have to switch. Chan's older

brother, Joe, had just moved out and there was a spare bedroom that Asharuf could occupy.

"She's like a second mom to me," Asharuf said.

"I'm not trying to compare her with my mom, but she just never gives up on anybody."

At the De Cuman residence, Asharuf has learned more than just to do his share of household chores, he said.

The De Cuman kids are as successful as academics as they are in sports.

At 31 years old, Joe is an integral member of the Colorado State Rams basketball team for whom he plays guard position. He is at the same time following in his father's footsteps and will on his way to becoming a doctor. Joe's younger brother, Chan, is equally smart and athletic. He hasn't decided which sport to focus on when he graduates from high school but excels in both football and basketball.

Asharuf looks up to both brothers. They have given him the

sharp sense of what he wants and the steady determination to pursue it.

"They all work so hard and it's rubbed off on me," said Asharuf, who isn't doing too bad himself in Grade 10 and as basketball.

"It makes me look at things differently. I'm so lucky to have known them at this time in my life."

In response to the positive influence she has been on Asharuf and other kids like him, De Cuman simply said, "It takes a village."

## HELP FOR REFUGEES

## Saskatoon Open Door Society a bridge in the system

By Iryn Tushabe

Saba Ando often relies on her own experiences when helping refugees make a fresh start in Saskatoon.

Even though she came to Canada through family sponsorship, she can empathize with most of the challenges refugees struggle with as they become the new survivor herself.

"I was a refugee in Sudan. I didn't get much luck in the war. I needed it. I felt it," she says.

Ando has been working at the Saskatoon Open Door Society in various capacities for 20 years.

Currently she is a settlement case worker. She is also in charge of the One Year Window program, which registers refugees with loved ones they left behind.

"It's not easy," she says, explaining it can take anywhere between 25 to 30 months before families are reunited. It's a period fraught with great anxiety and fear for all the terrible things that could happen to loved ones in

war zones and refugee camps.

And there's always the chance their applications won't be successful.

Ando says there are issues that every immigrant struggles with — and none shock: language barriers, different living work.

But for refugees, there's an extra layer of hardship.

They deal with anger and confusion, wounds both physical and emotional, the indelible marks of war.

"Many have trauma," explains Ando.

"Some have lost loved ones, witnessed atrocities."

Ando's job and that of fellow staff at the Saskatoon Open Door Society is to help refugees reclaim the power over that dark time from them.

They need that power to take control of their lives once more, to make important life decisions. Sometimes that process takes as long as three years.

"In those three years, we are a bridge in the system. We hold their hands and we support them," Ando says.



Saba Ando draws from her own experience to help newcomers to Saskatoon. PHOTOS BY GORD HILL/2015

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# IN THE CITY

# JUNE 13, 2015 — 5:36 P.M.

## Walking a fine line



A spotlight illuminates the World Famous Walkways on the Lightwell during the WA 40th Street Census in Saskatoon on Saturday. BRIDGES PHOTO BY LAM KIMJAE

# GARDENING

## # GARDENING

### How to make your garden drought-proof

By Erl Svendsen

While it's too early to say we're facing a drought in parts of the Prairies, droughts are a regular occurrence in this region and sooner rather than later we'll be facing long stretches of low precipitation.

To consider drought-proofing your garden by adopting some of the following suggestions:

Amend the soil with organic matter (compost or manure), especially if it's sandy to help retain water as well as to enrich the soil with essential nutrients. Make sure the organic matter has been composted sufficiently to kill weed seeds and diseases.

Cover bare soil with 10 to 15 cm of organic mulch. Mulch not only reduces surface evaporation, it keeps the soil cool (reduces plant stress) and smother weed seedlings. Organic mulch breaks down and you will need to top-dress your beds every 2 to 3 years. For transplants in the vegetable garden, consider using black or red (for tomatoes) plastic mulch to really reduce water loss and control weeds.

Use drip irrigation (weeping hoses) to irrigate your flower shrubs and vegetable beds (garden under mulch layer). Water is applied right where it's needed with little evaporation. Water early in the day so when it's hot and dry, plants can draw up the water they need to stay hydrated and to cool themselves through evapotranspiration.

Interplant drip irrigation (gutters) three or four inches per week (maximum deep root penetration) allowing plants to reach water at depth; conversely shallow-rooted plants rely on surface moisture and are more likely to become stressed as soon as the soil starts to dry and the soil temperature rises.

Group your weeds and cool seasonals. Weeds not only defend from the heat of your garden, they also suck up water and nutrients and crowd out your ornamental plants. Also cut dead pests and diseases as these put additional stress on your plants, making them less able to respond to drought.

Choose naturally drought-tolerant plants. Many of our native prairie plants are drought-tolerant and make excellent ornamentals. Look for plants with deep roots, succulent leaves or heavy waxy leaves. One strategy some plants use to survive drought is succulence — they



A yard landscape with drought-tolerant plants, plants and much associated media help people by STEVE SCHMIDT

grow only in early spring or late fall and are dormant during the hottest and driest part of the year. For non-native plants, look for ones from other dry regions such as the Mediterranean or northern California. Also:

The following is a partial list of native (N) and introduced (I) drought-tolerant plants.

Tree: *Amar maple* (I), *bur oak* (N), *chokecherry* (N), *green ash* (N), *Monticola maple* (N), *Rhus typhina* (I), *silver pine* (I), *lodgepole pine* (N), *Colorado spruce* (I), *white pine* (I) and *Betula picea* (I).

## BROADWAY THEATRE

**JUNE 25** **THE BAD PLUS**  
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## EVENTS

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## # MUSIC

Wed., June 17

**Lead Feet**  
Buds on Broadway,  
817 Broadway Ave.

**Erlan McAnawney**  
Capital Music Club,  
244 First Ave. N.

**Shortcakes w/ Chicks**  
Vamp's Tavern,  
801 Broadway Ave.

**Gr80ade**  
Pizz'n Pub and Grill,  
1403 Highland Dr. N.

Thurs., June 18

**The Residue**  
Crackers Restaurant &  
Lounge,  
1-227 Pinthouse Dr.

**MeLo Previews: Linda Litter**  
Buds on Broadway,  
817 Broadway Ave.

**Fiddle Series: Phill Kesturuk**  
The Basement,  
204 Fourth Ave. N.

**MeLo Swirls w/**  
Amigos Carolina,  
806 Dufferin Ave.

**Open Mike Eagle**  
Vamp's Tavern,  
801 Broadway Ave.

Fri., June 19

**Kashmir**  
Buds on Broadway,  
817 Broadway Ave.

**3 Peak + One**  
Army & Navy Club,  
209 First Ave. N.

**Da John Hython Kings**  
Faded Beer Coaster  
Centre,  
103 Fairmont Ct.

**DEBIE**  
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Also-watching: artist David Miller will perform Sunday at Dakota Darts Casino. PHOTO: MIA HUE PHOTO

**Prime Friday: Don Griffith**  
Beats Series: Saskatoon  
Legendary Rhythms & Blues  
Serenade  
The Basement,  
204 Fourth Ave. N.

**Donnie Anusood**  
Toan Tavern Tavern,  
3330 Fairlight Dr.

**The Good Fight**  
Melody Johnson,  
3130 Eighth St. E.

**Melody Swinechiver**  
Amigos Carolina,  
806 Dufferin Ave.

**Sperry w/ Brinsdale**  
Central Music Club.

244 First Ave. N.

**Brewster & The Roosters**  
Pizz'n Pub and Grill,  
1403 Highland Dr. N.

**Johanna**  
Starr's Place,  
106-10 Rush St. E.

Sat., June 20

**Kashmir**  
Buds on Broadway,  
817 Broadway Ave.

**Flame Defending: Maurice**  
Orlando  
Big Band Series: The Basement  
and The  
Saskatoon Community Jazz  
Band  
The Basement,  
204 Fourth Ave. N.

**3 Peak + One**  
Army & Navy Club,  
209 First Ave. N.

**Len Geddie**  
Downtown Loft,  
406 Spadina Club W.

**IT's Too Late, Baby**  
Melody Johnson,  
3130 Eighth St. E.

**Melody Swine and Jerusalem**  
In My Heart  
Amigos Carolina,  
806 Dufferin Ave.

**Deb-Led Hired Gleezy Chen-**  
ry's  
Vamp's Tavern,  
801 Broadway Ave.

**Brewster & The Roosters**  
Pizz'n Pub and Grill,  
1403 Highland Dr. N.

**Johanna**  
Starr's Place,  
106-10 Rush St. E.

Sun., June 21

**Arnewell Jam**  
Buds on Broadway,  
817 Broadway Ave.

**Melody Swine**  
Amigos Carolina,  
806 Dufferin Ave.

**David Miller w/ Thea Jagger**  
Dakota Darts Casino,  
204 Dakota Darts Way,  
Whitman

**Mostly Wanted w/ Ewing**  
and **Wesprouttypes**  
Capital Music Club,  
244 First Ave. N.

Mon., June 22

**17 Seconds of Fuel**  
Buds on Broadway,  
817 Broadway Ave.

Tues., June 23

**17 Seconds of Fuel**  
Buds on Broadway,  
817 Broadway Ave.

**Swathmore w/ Blackbeard,**  
Ripworm and Thomas  
O'Brien East Centre,  
240 Second Ave. S.

**Mountain w/ Caves and The**  
Amigos  
Amigos Carolina,  
806 Dufferin Ave.

**Melody Swine and Jerusalem**  
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## # ART

**Eye Gallery**  
Until June 19 at 111-132 College Dr. Photographs by Trent Thomas

**SOVAP Art Gallery**  
Until June 19 at 20.2 Third Ave. S. 2-day Black & White Artwork by Melody Johnson runs June 22 until July 3

**Black Ignorance Gallery**  
Until June 19 on Highway 2 at Northside. W&L, representing 30 Canadian artists

**Velvet Gallery**  
Until June 20 at 1006 Eighth St. E. New works by Sharon Cusick, Sandra Knox and Chris Williams

# EVENTS

## Bridge Gallery

Until June 20 at 245 Third Ave. S. A new collection by Elise Deschamps.

## Gallery on Third, Westrow

Until June 30 at 102 Third Ave. E., Westrow Spring Ring, a group exhibition.

## AKA Artist-Rest

Until June 20 at 324 34th St. W. Downtown/Dane Claxon.

## Humboldt and District Gallery

Until June 20 at 601 Main St., Humboldt. Inception, an OCAC touring exhibit of Saskatchewan printmaking. Etchings, a local perspective exhibit by Sharon Edmonstone, runs until June 27.

## Hues Art Supply

Until June 30 at 1818 Lorne Ave. SE by Bridge Alliance, Mike Ault and Associate Fine Art Reception June 20, 2 p.m. to 6 p.m.

## Centre East Galleries

Until June 22 at The Centre, Maxwell Studio Trail in the Bow Valley, with display by WOC in the Jade Gallery, display by Lorne King's portrait photo art in the Amber gallery, art by different artists in the Stone's gallery, display by Shokoum on the Saskatchewan in the Crimson gallery, and display by the Saskatchewan Public School Board in the Magenta and Indigo Galleries.

## Gordon Grainger Gallery

Until June 23 at Room 101 of the U of T Murray Building West by the Saskatoon Writers Guild and Gully Booksellers by Sask Text.

## Stagger Museum and Gallery

Until June 23 at 105 Third Ave. W. In Glass: Objects from Sky and Sea, fabric sculptures.



Growth Off Guard by Tom Schultz is on display at Fishing Hut Arts.

## The Gallery at Art Place-west

Until June 25 at 224 Third Ave. S., back lane entrance Building 100 by Leah Kowchuk.

## Station Arts Centre, Westrow

Until June 27 at 701 Parkway Ave., Westrow. Inkust, painting by Anne McElroy.

## Kalispell Fine Art

Until June 27 on the eighth floor of the Bessborough. Bronze sculptures of wildlife by Tom Schultz and hyper-realism mixed media by William Fretz.

## Market Mall Playland Art Gallery

Until June 30 at Market Mall, 2325 Preston Ave. The Vision by students of George Verrier Centre Fine Arts School in partnership with the Saskatoon Youthspace Orchestra.

## Westown Development Museum

Until June 30 at 280 Lorne Ave. FEED by Mindy Yan Miller. Echoes in the Ice. Findings Franklin's Ship, runs until July 5. A travelling exhibition that uses artifacts, images, audiovisual presentations and art.

Westown Development Museum. Echoes in the Ice. Findings Franklin's Ship, runs until July 5. A travelling exhibition that uses artifacts, images, audiovisual presentations and art.

## Art in the Centre

Through June at Parkridge Centre, 110 Diaper Court. Works by Mayfair Artists.

## The Gallery at Frances Morrison Community Centre

Until Aug. 2 at 311 24th St. E. In the Footsteps of Tom by Greg Hargarten and Alan Voss. Works from Alan Voss.

## Westown Development Museum

Until Aug. 2 at 310 Lorne Ave. Echoes in the Ice. Findings Franklin's Ship. A travelling exhibition that uses artifacts, images, audiovisual presentations and art.

## Affinity Gallery

Until July 31 at 813 Broadway Ave. Clay Studio Three 40th Anniversary Exhibition.

Ken Genest works from current and past members of Clay Studio Three. Paul Cooley, Lorraine Sutter, Judy Tryon, El Fernander, Don & Rusty Kerner, Martin Taguchi, Thelma Howard, Nancy Gammert and Elaine Peters.

## Handmade House Show-

Until Aug. 1 at 710 Broadway Ave. Uccle Works by Anita Beaman.

## St. Thomas More Gallery

Until Aug. 27 at 1427 College St. Sequential by Marlene Martin and Gethryn Miller.

## Gallery 618

Until Aug. 31 at 618 10th St. E. A collaboration of works by Saskatoon artist Lynne Givoley.

## Riverhouse Studio & Art Gallery

Until Aug. 31 at 304 Spadina Cts. W. Artwork by Emily Cary, a Canadian artist living and painting at the same time as the famous

What you need to know to plan your week.  
Send events and photos to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

Group of Seven. A peaceful meditation garden out front features Emily Cary quotes.

## Unleash Museum of Canada

Until Aug. 31 at 910 Spadina Cts. E. Bob's House by photographers Lucien Dery and Katie Kosak.

## #FAMILY

Stars and Stripes Wednesdays, 1 p.m. at Centre Cinema. In The Centre. One of 20 movies each week. A baby-friendly environment with loaned volume, dimmed lighting, a changing table and stroller parking in select theatres.

## CN's Climb and Play

Daily, 10 a.m. to 6 p.m. in Box 4 of 619 South Highway 21 W. in Worman. Saskatchewan's newest indoor playground. For children up to age 12. Visit [climbandplay.com](http://climbandplay.com) or their Facebook page.

## Fun Factory Indoor Playground

Daily at 1033 Quebec Ave. A giant indoor playground for young children. Adults and children under one year are free. There is a separate fenced-in area for children under two.

## Children's Play Centre

Until August 15. Happy Melt-A fun, safe environment for preschool children to play. Please note this is an un supervised play area, and adults must play with and supervise children at all times.

## Belly Talk at SPL

Fridays, 10:30 a.m., at Alice Turner Studio, Victoria, 10:30 a.m., at Carlie King Beach and 10:30 a.m., at Cliff Wright Beach. Half-hour singing and rhymes, then mingle with other parents.

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**306.222.6527**

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**Heather Cole REALTOR®**  
**306.260.1711**

## EVENTS

**Kid Yoga Classes**

After five to 10 on Saturdays, 11:30 a.m. to 12:15 p.m., Home-Shed classes ages five to 12 on Mondays, 10:15 a.m. to 11 a.m., at Yoga Life, 2-16 Third Ave. S. Classes taught by Nina Zettl. Help kids regulate emotions, find focus, relaxation, self-awareness and inner fullness. Physically helps with behavior, strength, flexibility, coordination and body awareness. Classes are six weeks together at freedom@wednesdayyogalife.com.

**Prenatal/Prenatal Workshop**

**Prenatal Yoga for Childbirth** Saturdays, 1 p.m. to 4 p.m., at Birth City, 240 Third Ave. S. Instructed by Nina Zettl. Learn various tools and techniques to help you through labor and delivery. No previous yoga experience is required. Classes are six weeks together at freedom@wednesdayyogalife.com, 336-361-6953.

**Home and Baby Yoga**

Mondays, 11:30 a.m. to 12:30 p.m., at YogaLife, 2-15 Third Ave. S. Classes taught by Nina Zettl. For mothers with babies as young as six weeks. Tone and strengthen your body, learn relaxation and meditation tools and explore breathwork. Classes are six weeks together at freedom@wednesdayyogalife.com.

**Prenatal Yoga**

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Center, 348 Third Ave. S. Designed to inform educate yoga designed to help with postpartum recovery delay. Friendly class with a certified yoga teacher. Suitable for two weeks to two years postpartum. Register at wednesdayyogalife.com/pregnancy. No class on start holidays.

**Cavaliers Light Source**

**(CALS) Public Tours** Mondays, 7:30 p.m., at the Ca-

valiers Light Source, 44 innovation Blvd. The synchrotron research facility is open for the public. Pre-registration is required. Call 304-601-3644, email [synchrotron@calvaliers.gov](mailto:synchrotron@calvaliers.gov) or visit [lightsource.calvaliers.gov/public\\_tours.php](http://lightsource.calvaliers.gov/public_tours.php).

**Prenatal Yoga**

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Center, 348 Third Ave. S. Taught by a doula and certified yoga teacher. Information and safe for any stage in pregnancy. Call 304-251-3463 or email [nina.zettl@yogalife.com](mailto:nina.zettl@yogalife.com) if you all care. No class on start holidays.

**Stamps to Read Camp**

June 20-24, 9 a.m. to 12 p.m., at Freeman at Anglican Church and The Railway. For parents and preschoolers, ages three to five. Rhyme, song, games, crafts, stories and fun for families to learn and play together. Register at 304-424-5448, [mason-tours.com](http://mason-tours.com).

**Preschool Story Time**

Tuesdays, 10:30 a.m. to 11 a.m., at McNeely Elementary, 3100 Eighth St. E. For children ages three to five in the Circle of Three. Call 304-955-1477.

**Programs**

Monthly and seasonal events hosted by Public History Learning Community. A group of families inspired by Webster shillings. Programming is aimed at children ages two to five, but all ages welcome. Information on their Facebook page.

**Engineering for Kids**

Children ages four to 14 can learn about technology and how engineers help it. Doing classes, examples, parties, and clubs with hands-on STEM enrichment activities. Get information and register at [engineeringkidsforkids.com](http://engineeringkidsforkids.com) or 304-878-4186.

**BRICKS 4 KIDZ® Seakaton**

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Seakaton. An atmosphere for students to build unique creations, play games, and have fun using LEGO® bricks. Visit [bricks4kids.com](http://bricks4kids.com) or call 304-999-2348.

**Seakaton Public Library Programs**

Original daily programs for children and families. Read the calendar at [seakatonlibrary.com/special/0416](http://seakatonlibrary.com/special/0416).

**SPECIAL EVENTS**

**Seakaton Farmers' Market** Open year round. Wednesday and Sunday, 10 a.m. to 3 p.m., and Saturday 8 a.m. to 2 p.m., farmers are in attendance. Tuesday to Friday, 10 a.m. to 5 p.m., and Saturday and Sunday during market hours. Food services and specialty shops are open. Information at [seakatonfarmersmarket.com](http://seakatonfarmersmarket.com). Contact 304-384-6262, [rlf@seakaton.net](mailto:rlf@seakaton.net).

**Bergheim Basement Store**

Wednesdays, 10:30 a.m. to 3 p.m., at St. Paul's United Church, 424 Eighth Ave. Clothing for babies, children, men and women, and jewelry. Plans to raise support for the Lighthouse project.

**Mayday Carpet Bowling**

Wednesdays, 11:30 a.m., at Mayday United Church. Beginners and experienced players are welcome. For information call 304-651-2101.

**19th Annual Land-A-Hind Seakatonian Classic**

June 17 at Seakaton Dunes Golf Links. Presented by the Canadian Overland Association. With golf, games, activities, drinks and parties, a silent auction and food. A fundraiser for the CCAA. Information at [www.19thah.com](http://www.19thah.com).



The Seakaton Concert Band will be performing June 17 at their Landing for a concert in the park. See photos in story W-0222.

formation at 304-334-1022, [edna@bricks4kids.com](mailto:edna@bricks4kids.com).

**Reinventing Baseball as the Pirates**

June 11, 3 p.m., at CBB Wright Bank Library. Presented by the Seakatonian Baseball Hall of Fame and the Seakatonian Sports Hall of Fame. An illustrated speaking presentation from author histories, and founding member of the Negro League Baseball Museum Phil S. Green. Admission is free and donations to the Hall of Fame are welcome.

**Seakaton Concert Band**

June 17 at River Landing. Concert in the park. Bring a caution. Admission is free.

**Gerpet Bowl**

Thursdays, 12:30 p.m., at Neptune Lagoon Hall, 30 21 Lagoon Ave. Hosted by the Neptune Senior Citizens Association. Lunch and coffee are available for a fee.

**Souppotatoes and Froth Brothers**

June 18, 6 p.m. to 9 p.m., at SASST, 1150 Highway 26 N. Local chefs prepare a meal

for participants, and assist participants in making about 250 bowls of soup for women and children, coping family violence. Pre-registration is required. To register and see more details visit [souppotatoes.org](http://souppotatoes.org).

**Zumba in the Park**

Thursdays until June 25, 7 p.m. to 8 p.m., at Liverpool on Linear Park. Presented by Liverpool Community Association. A fitness program that combines Latin and international music with dance moves. Tickets at [glork.com](http://glork.com).

## EVENTS

**S&F Dances**  
Thursdays through June, July  
and August, 7 p.m., in Kiwanis  
Park. Saskatoon International  
Folkdance Club. Learn dances  
from many countries around  
the world. Everyone is wel-  
come. Admission is free. Visit  
sifc.saskatoon.com

**Saskatoon Karian**  
June 18, 8pm to 9:30 p.m.,  
at Free Flow Dance Centre  
—Charting of ancient myths  
with modern melodies. Fea-  
turing Anastasia and Malika.  
With Proseal Tickets at pre-  
sale.com or at the door.

**Modo 2015**  
June 18-21 on Broadway  
Avenue. A multi-day multi-  
venue conference and music  
festival. Speakers include  
Jeffrey Haudett, Mark Nixie

Steve Peters and Ryan Delk: Performers include Atlas Sound, Timber Timbre, Snake River and Deft. Tickets and information at [moscowfest.com](http://moscowfest.com), [jloattle.com](http://jloattle.com)

**Borden Farmers' Market:**  
Fridays until Oct. 9, 11 a.m. to 5 p.m., at Borden Fire Hall; information at 306-562-3153.

**Story Circle for Adults**  
Third Friday of the month,  
September to June, 7:30 p.m.,  
at the Unitarian Centre, 213  
Second St. ☎ Bring a story  
or poem to listen. Potluck  
snacks are welcome. Admis-  
sion is free and donations are  
accepted.

**Westside Community Center's Clothing Depot**  
Saturdays, 10 a.m. to 2 p.m., at

3448 Fairlight Dr Free clothing for all ages, free baked goods from a local bakery. They take donations of clothing, footwear, accessories and toys. information at 305-222-8737

**Saskatoon Offshoots Association Meetings**  
They meet the third Saturday of the month, 10.30 a.m.: May to September at the Loz Cabin on the Exhibition grounds, and October to April at Dee Hollendaise, 1301 Eighth St. E. New members are welcome. Information about the social group at 306-382-4915, 306-303-1863.

**Fourth Annual Motorcycle Ride for God**  
June 20 at the Western Development Museum. Motorcycle ride, order run and more.

Funds raised help to fight prostate cancer. Information at [uk.mindtravels.net/police](http://uk.mindtravels.net/police).

**Highway 60 Market**  
June 20, 9 a.m. to 5 p.m.,  
under the roof at Windy Acres,  
just off Hwy 60. Crafts and  
homemade goods, home-  
based business products,  
antiques and collectibles, and  
second-hand items for sale.  
Admission is free. Information:  
[www.windyacres.com](http://www.windyacres.com)

**The Magic of Ivana Kupeles**  
June 20, 3 p.m. - 6 p.m. |  
Walden Ukrainian Catholic  
Park, Presnety City | Poly-  
shenko Folkloric Ensemble  
A Ukrainian obshchyna cele-  
brating the summer solstice  
activities for all ages, food,  
music and dance. Tickets at  
Shevchenko Ukrainian Museum.

Food Store, Wernau's Pharmacy, New Community Credit Union and Sault Ste. Marie School of Dance.

**Saskatchewan Railway Museum Open House**  
June 20, 10 a.m. to 5 p.m.,  
along the Pike Lake Highway.  
Open house for members to  
open house for members to  
An opportunity for prospective  
members to visit the  
museum. Admission is free  
until 1 p.m. Information at  
308-352-9895.

**Saskatoon Bengali Festival**  
June 20, 6 p.m., at St. Paul's  
United Church, 454 Elbert  
Ave. Hosted by Saskatoon  
Banga Utsav. Celebrating cul-  
ture and patriotism that aims  
to connect Banga culture with  
Canadian culture. With ethnic  
food and snacks for sale.

### Autoregression in three

**Free Outdoor Concert**  
June 20, 7 p.m. to 9 a.m., at Faith Lutheran Church, 2891 Preston Ave. Featuring Jennifer Jade Kerr, with Faith Alpha Omega Worship Band. Donations are welcome and ice-cream treats will be available for purchase. Proceeds go toward a new sound system for the church.

**Works in Progress-New Dance Series**  
June 20, 8 p.m., at Free Flow Dance Centre: 224 26th St. W. Featuring Free Flow Dance Theatre, Nicole Pemberton, Caitlyn Coffin, Paula Sklar-Mitchell, Michelle and Roxanne Karpen, and artistic director Jackie Latendresse. Tickets at the door.

What you need to know to plan your week.  
and photos to [bridges@thetarnphoenix.com](mailto:bridges@thetarnphoenix.com)



## Nuts About Nature



Dear Chip,  
When my parents cut down a tree I saw a bunch of maze-like trails in the wood. What causes this?  
Jenna

The cool pillaria you see under the bark of dead wood are actually made by very important critters called bark beetles. When the adult beetles are ready to lay their eggs they dig a straight tunnel through the bark and into the wood of an old tree. When the larvae hatch from their eggs they start eating the wood directly in front of them in all directions. As the larvae grow they make a series of smaller tunnels branching out from the main tunnel. The pillaria the beetles make are called galleries and can be made out of several lines or very complex, starlike shapes. The bark beetle spend almost their entire lives burrowing through the tree and only come out to mate or disperse to new places. Scientists believe that each individual species of bark beetle creates a unique pattern due to the way they colonize the tree. Now you might ask why WOODJIE likes the time to make pillaria. Well, the pillaria are a great indicator of the health of the tree because they indicate the dead wood by burrowing into bark and not the living tissue.

Send your questions to me at the address below. Then wait Birkness for the answers.

**Your pet, Chip**  
Follow Laura Avenue South  
12 km to Mulmurry FET  
Starting hours: Weekdays 9am to 5pm  
Weekends and Publichols 10am to 5pm  
Website: [mulmurry.com](http://mulmurry.com)  
Email: [info@mulmurry.com](mailto:info@mulmurry.com)

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**Meewasin** 

## EVENTS

## Father's Day Beerbeque

June 21 at the German Cultural Center, 1600 Courtwright St. E. A beerbeque party celebrating Father's Day information at 306-364-6668

## Walk Now for Autism Speaks Canada

June 21, 9:30 a.m., at Deerfield Park. With opening ceremonies, a 3K walk and closing ceremonies. Featuring activities for all ages, performers and music. Register at autismspeaks.ca. Funds raised support Autism Speaks Canada.

## Just for Cats

June 21, 3 p.m. and 6 p.m., at Broadway Theatre. Tickets at [broadwaytheatre.ca](http://broadwaytheatre.ca)

## Sherry's Mob Dinner Gala

June 21, 6 p.m. to 10 p.m., at Third Avenue United Church. Cocktails, dinner, local entertainment, silent auction and 50/50 draw. Tickets at [sherrysmob.com](http://sherrysmob.com). Funds raised support the Saskatoon Crisis Nursery

## Off-Broadway Farmers' Market, International Bazaar, and Bazaar

Tuesdays, 11 a.m. to 6 p.m., in the basement of Grosvenor United Church, 540 10th St. is offering a variety of locally produced food, clothing and accessories from India, plus products, baking and hand-dishes. New vendors welcome. Call 306-663-3666 or email [jeanl@farmersindia.ca](mailto:jeanl@farmersindia.ca).

**Book Signing at McNelly's**  
Regular book signings at McNelly's Bookstore, 2280 10th St. E. For schedule and information visit [www.mcnellys.com/saskatoon\\_events](http://www.mcnellys.com/saskatoon_events).

## English for Employment Class

Hosted by the Saskatoon Open Door Institute. English for employment and communication, and learn



Michelle Casabon playing *On the Sea* and *Adrian* during play *Midnight* performed during a drama rehearsal for the Saskatoon Japanese Music Festival which runs at the Persephone Theatre until June 20. 800-665-7676 for more information.

what you need to find work

in Saskatoon. Information or registration at 306-280-4337, 306-653-4464, 306-250-4336, [jason@soos.sk.ca](mailto:jason@soos.sk.ca), [jason@soos.sk.ca](mailto:jason@soos.sk.ca).

## THEATRE

## Quilts

June 17-21 and June 24-26 at Burn Playhouse, 2280 10th St. E. Saskatoon on Hwy 10. Burn Playhouse's 2003 season opener. A musical tribute to the lives of our pioneer ancestors. Quilt is making a legacy quilt to pass on to her daughters. Tickets at 306-

339-4600.

## Midwest Butterfly

Runs until June 30 at Persephone Theatre. Performed by Saskatoon Opera. A young woman offers marriage to acquire a 19-year-old Japanese bride while he is stationed in Japan. Tickets at 306-364-7782, [saskatoonopera.ca](http://saskatoonopera.ca).

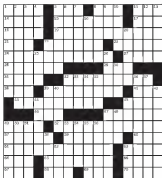
Event things are after. Community service offered by Bridges. 2003 will be held at various locations. Subsequent to the first two weeks before the event ends.

## # CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 ... before
- 2 School of thought
- 3 Cardinal English
- 4 Father's partner
- 5 ... Saturday ...
- 6 Dime of Charles
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PUZZLE BY JEFFREY MCHESLER

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## # JANRIC CLASSIC SUDOKU

## Lewak Goki

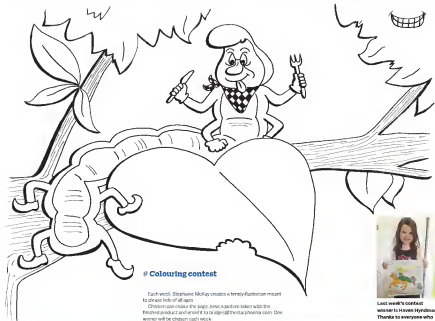
Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from *Beginner* (easiest) to *Expert* (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 23

# OUTSIDE THE LINES



## # Colouring contest

Each week, Stephanie McKay creates a family-friendly cartoon to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [steph@thestarphotos.com](mailto:steph@thestarphotos.com). One winner will be chosen each week.



Last week's contest winner is Haven Hyndman. Thanks to everyone who submitted entries.



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- 2 Go to [www.CanadaHelps.org](http://www.CanadaHelps.org) and create a fundraiser
- 3 Tell all your friends!



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## #ASK ELLIE

## 'Girlfriend' needs to be given an ultimatum

**Q:** My "girlfriend" of four years dated a man to be more than her bad date. Her father and childhood were both constant leaks, so the values her independence were as a long-term relationship.

We live separately but sleep together on weekends and travel together like two adult children, I don't.

I'd like to live together—we'd both save money if we shared the expenses.

Also, when she gets older she'll always have her kids, while I'll have no one (we're late-30s). I'm just thinking ahead.

I can't let her go and live lonely without her. We have sex and occasional companionship, but not much intimacy.

**Therapy Relationship**

**A:** Tell her how you feel about her. Then give her an ultimatum.

Tell her that her thinking that you'll eventually try to succeed her is something not healthy.

She chose a man with the same dominating trait as her father. YOU

are not that man.

If she doesn't change her mind, move on. Hanging on will just become more frustrating.

**PS:** Don't mention the money angle. That should be a bonus, not the reason.

**Q:** I was pregnant when I discovered my husband was cheating. We decided to not separate till he landed with our baby so he could be a better father to him.

A husband associate was attentive to us but we didn't start our relationship until another year. His was married, to have sons with his wife.

He claimed he'd planned to leave her anyway, and now would. There he was a "daddy" for our new life together. It never happened.

I lived with this man for two years, mostly feeling overwhelmed. Then, one day he became clear that I had to end it. My son is now 18 and that man's still with his wife having other affairs.

**Single Mom**

**A:** Good for you for unloading your

## Ask Ellie



self. But you don't see whether 18 years later, you're doing a better

parent that man. He was a selfish selfish user and likely stayed with his wife to not lose part of his business. He played with your heart and mind shamefully. That there are many decent guys out there.

Be open to meeting new people (that be selective too).

**Q:** My wife and I have made the first steps of separating after she cheated, but we're living in the same house till we agree on finances and child custody, and prepare the house for sale.

She's doing the man she cheated with, which she thinks is fine, because he's a "known factor."

We dated a few women through on the site but am getting threatening messages from my wife that my "lifestyle" could affect custody issues.

I'm reluctant to move out and lose equal rights to our house as an asset. That's the husband's home.

**Unhappy Housemates**

**A:** You need clear legal information on your rights regarding custody and marital assets.

Do not be so easily threatened. If she's doing, you can do, too. Just be discreet and don't bring home any of these dates when you're just getting to know.

Push forward on your separation agreement. It's worth a lawyer's fee to not live as if she's in a hostile atmosphere together.

It's also an unhealthy environment for young kids.

Move out even temporarily as soon as possible, without waiting months to sell the house.

You'll be able to work on making your children feel secure again, in a different, but peaceful situation.

**Q:** Soon after our son was born, my wife became a workaholic and climbed the corporate ladder. I felt I had to find a way to work from home.

She stayed out late, fought with me and convinced the budget case she earned more. And traveled where she chose.

I don't know if she has or had love ones, other than her job and her marriage. But I can't take it anymore.

I worry about our three kids who've grown up with time on and an absent mother.

**Finished**

**A:** It's time to get professional about your life, both as a father and as an individual.

Get professional guidance to make a plan that's workable, and to regain your confidence to take charge of your life.

It's clear that you're considering whether to separate. Meanwhile, start a fitness regime to boost your energy and self-esteem and look for ways to integrate both your work life and your involvement with your kids.

## BREAKING NEWS

EVERY DAY IN THE

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# MUSIC

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## #COUNTRY MUSIC

# Poverty Plainsmen back from a long break

By Ashley Martin

When Don Smith left a guitar at the family farm in southwest Manitoba in 1979, his baby brothers waited no time getting their hands on it.

Mark Smith, 35, and Sean, 8, learned songs of The Eagles, Gordon Lightfoot and Jim Croce from "guitar made easy" books.

The instrument "was way too big for me," says Sean, "we'd lay it on my lap and I figured out how to play chords."

Sean considered that method again in 2004, after a car accident in northern Alberta left him paralyzed from the chest down.

The Poverty Plainsmen, the band the Smith brothers co-founded in 1981, was coming back from a show in High Level when their van rolled.

"Right after it happened, I was really angry he hadn't explained to develop a way to play again," says Sean, the band's former bassist. "I think I was still trying to figure that out as a way."

Wednesday when the Poverty Plainsmen took The Pump stage in Regina for the first time in eight years, Sean will pinch on his vocals and sing the harmonies.

As for guitar, "I think it's probably never going to get to my satisfaction but at least with something in front of me in terms of a guitar I don't feel naked up there," he says. "It's just frustrating that my shoulders don't meet the standards that I once had. But I'm trying to let that go."

"And he had high standards," Mark interrupts. "Higher than me."

Having fun is what matters most — that goes for the whole band, which also features brothers Brian Kelly (lead guitar, vocals), Don Jorgensen (drums, mandolin), and Angus Brinkworth (bass).

"We've got two sets of brothers that are pretty vocal," jokes Mark,



When the Poverty Plainsmen quit touring in 2007, their line-up consisted of Don Kelly, Johnny Gazeau, Don Jorgensen, Mark Smith, Brad Johnson and Don Kelly.

who plays rhythm guitar and sings lead vocals.

"I think a lot of us grew about music along," Brian, the elder Kelly, adds.

"We're kind of out from the same fabric," says Sean.

"We've been boys and came from the country," says Mark.

"Started out with nothing, chatted over," Sean says.

They all laugh.

"Half fun country," says Brian.

When Mark and Sean got together with Brad Johnson and Earl Ness in 1981, there plan was one gig only: Halloween night, the Prince Hotel in Melton, Man. They played Alabama and Nitty Gritty Dirt Band covers,

the only ones at the bar without costumes. Sean was 16 in Grade 11.

"We didn't have aspirations to do it full time," says Mark.

They just wanted to just to get better on their instruments.

"It took on a life of its own," says Sean.

The next Halloween they played The North 40 in Brandon, an A+ country bar.

"Then we thought we were pretty good," says Sean.

Those boys from the Poverty Plains of Manitoba played live at the 33 years straight after that," says Mark, who moved to Regina in 1990.

The band toured from Thunder Bay, Ont., to Prince George, B.C. One

time, they were on the road 49 weeks in a row.

"The Kelly brothers had a similar start in music."

"We just wanted to get better," says Brian, who previously played with Shifty Morgan, which won the Saskatchewan Country Music Award for group of the year in 2004.

When the Poverty Plainsmen took a hiatus in 2007, the band had won that award a record seven times.

"There was a band called Wyatt that was kind of on our short list for the last while, but I'm not sure if they did congratulations," Mark says, laughing.

(Indeed, Wyatt has won every year since and now has eight 90 MAs.)

The Poverty Plainsmen decided in 2007, with three albums under their belt, to take a break. They'd played on a year, before they knew it, seven had born by.

"But when we played together, it felt like we never stopped," says Mark. "I'm very happy that there's still an audience out there that wants to come and listen to us."

Catch the Poverty Plainsmen Wednesday at The Pump and Saturday at the Moose Joe Bonaville Fair.

[www.thepumpregina.com](http://www.thepumpregina.com)  
[facebook.com/BridgesYXE](http://facebook.com/BridgesYXE)

## # RECIPE

## Home-smoked bacon



Here's a simple way making your own bacon: Infamous local Steer 'ems owns a delicious one in Washington, D.C., which specializes in house-cured and smoked meats. WASHINGTON POST PHOTO BY SCOTT KILGORE

By Jim Shahan

Before the smoking step, you'll need to soak a cup of apple wood chips (preferably) or hickory or cherry wood chips in water for one hour. And you'll need an instant-read thermometer.

The spare ribs can be refrigerated up to three days in advance. The bacon needs to cure in the refrigerator for seven days, the cured, drained bacon needs to air-dry in the refrigerator for eight to 24 hours. The air-dried bacon can be refrigerated for up to one week or frozen for up to three months. The cured, smoked bacon needs to be refrigerated for at least three hours and up to one week.

## Savory Smoked Bacon

Makes 40 thin slices

- > 2 1/2 lb (1 1/2 kg) Canadian pork belly
- > 2 tbsp (30 mL) kosher salt
- > 1 tbsp (15 mL) coarsely ground black pepper
- > 1 tsp (5 mL) dried fennel leaves (very substitute 2 tsp dried fresh fennel leaves, rinsed and dried)
- > 1/2 tsp (1 mL) ground cayenne pepper
- > 1/2 tsp (1 mL) ground ginger
- > 1/4 tsp (1 mL) chipotle powder
- > 1/2 tsp (1 mL) pink curing salt (optional)

## Instructions:

1. Rinse the belly and dry thoroughly. Trim it so that it forms a long rectangle.
2. Combine the kosher salt, black pepper, fennel, cayenne pepper, allspice, chipotle powder and pink salt, if using, in a gallon-size (4 L) zip-top bag. Add the pork belly and seal, pressing out as much air as possible. Massage

to distribute the seasoning as evenly. Refrigerate for 7 days, turning the bag over once a day.

3. Rinse the cure from the meat, and pat the meat dry with paper towels. Let the meat air dry in the refrigerator for 6 to 24 hours.

4. Prepare the grill for indirect heat. If using a gas grill, turn the heat to high. Soak the chips and put them in a smoker box or foil packet poked with a few fork holes to release the smoke. Set it between the grate and the briquettes, close the flame. When you see smoke, reduce the heat to medium-high (350 F/180 C). Turn off the burners on one side.

5. If using a charcoal grill, light the charcoal or briquettes. When the briquettes are ready, distribute them on one side of the grill. For a medium-hot fire, you should be able to hold your hand 6 in. (15 cm) above the coals for 4-5 seconds. Scatter the wood chips over the coals.

6. Place the pork belly on the indirect heat side of the grill. Close the lid and cook/smoke for 1 hour. Slide an instant-read thermometer into one side of the belly; when the bacon is done, its internal temperature should register 150 F (60 C). If it is below that, smoke for about 30 more minutes, but don't worry about the exact internal temperature of the meat, you are just giving it smoke for flavor.

7. Transfer the slab of bacon to a cutting board; once it has cooled completely wrap it in aluminum foil and refrigerate for at least 4 hours and up to 1 week. Before using, set the bacon in the freezer for about 10 minutes (chilled bacon is easier to slice).

8. Fry this slice in a skillet over medium heat for about 4 minutes per side, until crisp. Drain on a paper-lined plate.



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# WINE WORLD

## Belgian brewer answers call for gluten-free beer

By James Romanow

Summer time and the living is full of beer. Face it, you're going to spend at least some time soon sipping outside soaking up sunshine and sipping some beer. Unless, of course, you are a teetotaler.

The very first on-di-cousin I got as a home expert was from a man whose life had become completely miserable due to Celiac disease. Virtually everything he loved was off the menu. Nuts!

Such a heart of existential pain was heart-rending, and the Belgians heard his cry and felt his pain. No one in the borders of Belgium could conceive of a life so empty that it must be borne. Behold the product of their labours, a glutton free beer that deserves at least a Nobel prize. (They they gave one to Mother Teresa!)

Presenting Managoo: a Ridge beer with an African connection. The founder's grandmother gave him her recipe for palm beer, which was his only possession when arriving in Ridge in 1980. He used it as the inspiration for the flavored brews of the company. (African beer uses different sources of starch, so often has completely different flavors.)

Mungana Pilsner is a very nice beer. It's not as sharp as a Czech pilsner but it has more gold than most Canadian brews. The grain source is pure malted barley — organic and also fair trade, apparently the world's first fair trade is



ger — and thus is glutaric.

If you love good lagers, and in particular pilsners, you have to pick up a bottle or three of Mangrove. (And from experience: most of the rest of us should keep a couple of bottles around for guests.)

Mangoes Citron Free Pilsner Beer, \$3.99

Unexpected wine in Monday's paper: New  
unpublished staff on Twitter @drboon

## Crossword/Sudoku answers

A	L	K	A		I	S	H	M	O	P	F	O	N
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**A** RMS

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**T**IME

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